

Border Patrol Agent Pre-employment Fitness Test-1 (PFT-1)

Welcome to the pre-employment fitness test for Border Patrol Agent applicants. The Pre-employment Fitness Test-1 battery consists of 3 physical abilities tests.

The PFT-1 is administered in the following order:

Push-up Test

Sit-up Test

Step Test

You must successfully complete **all** components to pass the pre-employment fitness test.

There will be three minutes between tests during this time you will be given instructions on how to perform the next test.

It is critical that you understand that the Pre-employment Fitness Test-1 is only one step in the applicant screening process. You must keep yourself in top physical condition from now on to ensure that you can successfully complete the rigorous requirements of the U.S. Customs and Border Protection Border Patrol Academy and perform the job duties of a Border Patrol Agent.

Part One:

Instructions for the Push-Up Test

You must complete a minimum of 20 push-ups in 60 seconds.

You will start in the up position with elbows locked, hands spaced shoulder width apart with your head up and with your thumbs aligned with the crease of the shoulder.

- Your body must be kept in a straight line with the feet close together throughout the test.



- The depth of the push-up will be measured by using a four inch high foam block.



- Your sternum, also known as the breastbone, must touch this block on each repetition, keeping your body straight, drop down until your sternum touches the foam block then maintaining a straight body, push up until the elbows are straight.



- Returning to the up position with elbows locked completes one push up.



- If you need to rest, do so only in the up position as seen above.

The test administrator will use a CD that includes an audio tone and verbal instructions, and it will instruct you when to start and stop this test.

The test administrator will count properly performed repetitions out loud during the test. The administrator will also tell you when a push up did not count and instruct you in proper performance. For example: “That didn’t count; elbows must be straight in the up position.”

Remember: Push-ups done with sagging back, raised buttocks, or with feet spread wide apart will not count.



Additionally, half push-ups such as if you fail to touch the foam block or do not come all the way up to a straight elbow position also will not count.

While push-ups done incorrectly don’t count, you may continue to perform push-ups until time expires.

The test will stop when 60 seconds has expired, or when you stop because you can’t perform any more push-ups, or when either knee or both knees touch the floor.

Instructions for the Sit-Up Test

You must complete a minimum of 25 sit-ups in 60 seconds.

- Start with your back flat on the floor and your knees bent at a 90 degree angle. There should be an 18 to 21 inch separation between your heels and buttocks.
- Place your hands behind your head with the fingers straight and the palms touching or cupping the ears to assume the proper down position.



- The test administrator will hold your feet during the test, count properly performed repetitions out loud during the test, inform you when a sit-up did not count and instruct you in proper performance. For example: “That didn’t count; touch your shoulder blades to the floor.”



- To get to the required up position contract your abdominal muscles so as to lift your head and upper body off the floor to the point where your elbows touch your knees or upper thighs.



- Let the weight of your head rest on the fingertips throughout the sit up.
Do not pull or jerk with your hands to assist in the sit up as it may cause neck strain or injury.



- Then return to the starting position, making sure that your shoulder blades touch the floor. This completes one repetition.



If you get stuck in the down position immediately pull yourself to the up position with your hands placed behind your knees. This sit up will not count nor will the return to the starting position, following this assisted movement.



Remember: Sit ups that will not count will include those where the buttocks are raised off the floor, the arms are used to get from the down position to the up position, and half sit ups where you fail to touch your elbows to your knees or upper thighs or you fail to touch your shoulder blades to the floor.



While sit ups done incorrectly don't count, you should continue to perform sit ups until time expires.

The test will stop when 60 seconds has expired, or when you stay down with your back on the floor for 3 seconds or more, or when you stop because you cannot perform any more sit ups.

Instructions for the Step Test

The Step Test is the final test in the Pre-employment Fitness Test-1 Battery.

You will be required to step up and down on a fourteen inch high step, at a cadence of 120 steps per minute for 5 minutes.

There are four commands that you need to listen closely for:

“Ready” is the preparatory or heads-up command.

“March” is the command to begin marching in place.

“One, two, one, two” provides the march cadence.

"Up, up, down, down" describes the action of stepping onto and off of the bench.

- You will be allowed a practice opportunity to step in cadence. The Test Administrator will stand next to you (on the floor) during the practice and will direct you to start stepping in place while keeping cadence, marching with you.



- When it is time to step onto the bench the test administrator will take a high step and move his or her hands in an upward motion to indicate the transition from marching to bench stepping. When you see the high step and upward hand movement, step onto the bench.



- Once the practice session is over, the Test Administrator will move to a position in front of you to observe the timed test.



Instructions on the CD will direct you to start the timed step test.

Step up with the lead foot followed by the lag foot. Step down with the lead foot followed by the lag foot.

Step to the cadence and continue stepping for 5 minutes. Stop only when instructed to do so on the CD or by the Test Administrator.

You may switch your lead foot at any time, but are not required to do so. If you are unable to switch your lead foot in cadence, just keep stepping. You will not fail for not switching feet, but you will fail if you stop moving.



The Test will stop if:

You cannot continue stepping for the entire 5 minutes.

You are unable to maintain the stepping cadence (up, up, down, down) in accordance with the audio CD for more than six sequences within the entire 5 minute test.

You are unable to maintain the stepping cadence (up, up, down, down) in accordance with the audio CD for at least three consecutive sequences.

You push on your legs to assist in stepping.



Border Patrol Agent (BPA) Pre-employment Fitness Test-1 (PFT-1) Standards

The BPA PFT-1 consists of three tests: (1) 60-second push-up test; (2) 60-second sit-up test; and (3) 5-minute step test in which the candidate must continuously step in cadence at 120 beats per minute for 5 minutes.

Candidates must complete all test components in order to pass the PFT-1.

PUSH-UP TEST	
Reps in 60 Seconds	Score
0-19	Fail
20	Pass

SIT-UP TEST	
Reps in 60 seconds	Score
0-24	Fail
25	Pass

REMINDER:

To pass the BPA PFT-1, the candidate must:

- Complete 20 proper form push-ups in 60 seconds or less, **AND**
- Complete 25 proper form sit-ups in 60 seconds or less, **AND**
- Successfully pass Part Two, the 5-minute step test

**BORDER PATROL AGENT (BPA)
FIRST FITNESS (PFT 1) STANDARDS**

Pre-employment Fitness Test-1 Multiple Hurdle		
Test	Repetitions	Time Frame
Push-Ups	20	1 minute
Sit-Ups	25	1 minute
14" Step Test	120 steps/min	5 minutes